

May: Mental Health Month

Mental illness is an issue that affects individuals, families and communities worldwide. According to the National Mental Health Association (NMHA), mental illness is more common than cancer, lung and heart disease – combined. Caring for your mental health is vital to healthy living: untreated mental illness can complicate physical disorders and lower one's quality of life.

Through increasing the public's awareness and education of mental health issues, more support can be given to those in need.

To sustain and increase your own mental health, use these daily suggestions from the NMHA; each can help to maximize your mental, and physical, health.

Improve your mental health by doing the following:

- › **Sunday:** Relax. Spend time with loved ones or alone; read a book, meditate, garden or take a walk. Relaxing can help you open your mind and restore your energy for the week ahead.
- › **Monday:** Plan. Scheduling out the week's activities now helps you stay on track throughout the week. Then, you can concentrate on the tasks at hand, not worry about the planning.
- › **Tuesday:** Find support. Supportive people, whether they be friends, family or members of a group, can help you reconnect with memories, and create new ones.
- › **Wednesday:** Be physically healthy. Diet, exercise, moderation and rest all help to keep your mind healthy.
- › **Thursday:** Help others. Volunteering and assisting others makes you feel good about yourself and about the act of giving back. Share your interests, strengths and compassion with others.
- › **Friday:** Expand your interests. New hobbies, new places and new experiences all help to keep you mentally alert while stimulating your mind.
- › **Saturday:** Enjoy yourself. Focus on appreciating your strengths and avoid self-criticism. Take pride in your accomplishments, and reflect on how good it feels to be happy with yourself.

Additional Information

This information is brought to you by ComPsych®. This company-sponsored benefit offers confidential help and support 24 hours a day, 7 days per week, at no cost to you or your immediate family. Our GuidanceConsultantsSM can assist you with your concerns at: **888.275.1205 Option 7**

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